

Voice

OF BROADMEAD RESIDENTS



LONESOME PINE: This majestic pine tree near the barn reaches to the sky alone now that its leaning twin pine was snapped in two during a recent storm. Photo by Bunny Dadds

Greater Barn Sale

The fall Barn Sale will be held
Friday, November 3 from 10 a.m. to 3:30 p.m.
and on **Saturday, November 4**
from 10 a.m. to 12:30 p.m.
in the lower level of the Center



Register Now to Participate in the
All Broadmead Art Show
to be held in the East Hall
during the month of December.

Hangable art created by any resident
or team member will be featured.

One piece per person, please.

Preregister by email at tip9bri@comcast.net,
or just bring your work to the East Hall at
10 a.m. on Friday, December 1, and
East Hall volunteers will assist you.

Artificial intelligence upgrades coming soon to campus security

By Alice Cherbonnier

Feeling safe is something everyone wants, especially when they're more vulnerable because of age or infirmity. Broadmead has therefore put in place a number of measures to assure a sense of security among residents and staff.

Four full-time campus safety officers deal with campus security issues, with two flex staff members to fill in when someone is away. "There is always a campus safety officer available on-site 24/7," said Joyce Malone, VP of Facilities Services. "If we have to, we can quickly call in other team members for additional hands on site to assist with emergencies."

In addition to the safety officers, Broadmead has installed security cameras to provide an extra measure of campus safety. They're so discreetly located, however, that most residents aren't aware of them.

According to George Pattee, Broadmead's IT Business Analyst, 63 such cameras are currently operating on campus, most of them in the Community Center. They are not monitored "live" 24/7. Instead, he said, "We use the cameras for investigative purposes. We configure the cameras and manage the available storage in order to maintain footage for 30 days."

George added, "We did just recently upgrade our camera software to a version that uses artificial intelligence and analytics. This will allow us to create custom 'rules' and alerts."

How would this work? "As an example, if we don't expect people to be in the Upland garage from 10 p.m. to 5 a.m., we could create a rule that tells the camera to send an alert to Campus Safety if there is human movement detected by the camera during that time period," he explained. "That alert would then bring the live video feed directly to the Campus Safety cell phone, and they would be able to see if it was simply a resident getting home late or leaving early, or if it was a situation that needed attention." Programming to add these advanced features is expected to begin in late October. *see page 2*

Reception for new residents set

By Bobbie Cook

The Hospitality Cluster Chairs invite all residents to a pre-dinner reception to welcome 18 new residents (since June) to our Broadmead family. The event will take place on Thursday, November 16 in the Auditorium, beginning at 3:30 p.m. Existing residents are asked to greet and chat with the new residents, who will be wearing flowered leis so that they may be identified as honorees. Please wear your name tags.

Hospitality volunteers hold welcome events for new residents every six months or so. To help, contact your Cluster Chair.



Team Member of the Month

Alissa "Red" Howard, barista at the Bistro, was designated Team Member of the Month for August. She was recognized being an enthusiastic team player who provides quick service with good cheer.

The Nature of Broadmead

Broadmead's campus is filled with natural wonders, as these mating grasshoppers show. Photo by Sharon Karsk. Erroll Hay adjusted color.



TECH TIP

For help with any Apple product, call 800-275-2273. You'll get a live advisor. Amazingly, free! Nine times out of ten they will solve your tech problem. Stick the phone number on your fridge, or keep it handy elsewhere. —Don Killgallon

Campus security upgrades coming from page 1

Security cameras are currently installed at each entrance to the Community Center, as well as along the building's hallways. In addition, according to Joyce, cameras are positioned at the entrances and garages of Hillside Homes and along the road between them, at the team member parking lot, and in the Hillside Homes' community rooms and hallways.

What's the best process for residents to deal with and/or report people encountered on campus who do not appear to belong where they are, such as persons who appear to have memory issues or hikers seeking bathroom facilities? "Residents are asked to contact Campus Safety at 410-527-1900," said Joyce, "and if a resident at any time feels unsafe, it is also acceptable to call 911 themselves to report concerns on campus."

Residents can play a role in campus security in other ways as well. They've been advised to lock their cars and their cottages and apartments, just as they would do when living in any community. If a resident has difficulty using their keys or electronic locks, they may be leaving their homes unlocked, but this is inadvisable. "Any key issues should be reported to the Maintenance Office at 443-578-8022 so that we can investigate and resolve the issue," said Joyce.

See pp. 63-64 of the 2023 Resident Handbook for more details.

Current software programming for entrances

Wellness Center Vestibule—Unlocked M-F from 8:30 a.m.-5 p.m.; locked 24/7; badge access only on weekends

Upper Level Entrance (from R cluster)—Unlocked every day from 6:00 a.m.-8:00 p.m.

Upper Level Vestibule at Auditorium—Unlocked every day from 6:00 a.m.-8:00 p.m.

Upper Level Vestibule at Board Room—Unlocked every day from 6:00 a.m.-8:00 p.m.

Lower Level Vestibule at Canopy—Not programmed; locked and unlocked manually by Campus Safety

Upper Level Vestibule between Arbor Café & Holly Terrace—Locked 24/7; Badge access only.

Hillside Homes (Upland and York buildings) Main Entrance Vestibules—Unlocked every day from 7:30 a.m.-6:00 p.m.

If an entry is locked, swipe badges on reader mechanisms near door to gain access.

◆ **For any emergency or security concern at any time, call 410-527-1900 to be connected with the appropriate Campus Safety duty person.**

◆ **For added security, apartment and cottage keys are specially encoded to record entries and exits. Report lost keys immediately to Facilities Services, 443-578-8022.**

Food composting: how to do it right

By Pat van den Beemt

Food composting has come to Broadmead. Residents can deposit their banana peels, egg shells, chicken bones, leftover pizza and more in a lined trash can that sits in front of the community garden on the perimeter road. The bin will be emptied and washed twice a week—on Mondays and Thursdays—by Veteran Compost. Broadmead team members will monitor the trash can for incorrect items and to make sure it doesn't overflow. There are several parking spots near the bin for folks who drive over.

Gina Mathias, VP of Sustainability, suggests that residents save their food scraps in a plastic container in their freezer. When it's full, simply empty it into the bin. Food is not to be wrapped in plastic bags unless they are certified BPI compostable "bio bags"; these are sold at Wegman's, among other sources.

Residents can also compost some paper products, such as napkins and paper towels. Certain plastic containers from the Arbor Café are compostable, too. Just check for the "BPI Certified" logo on plastic ware.

Gina said the idea of a community composting bin came after four clusters were given such bins in their trash rooms. Each one had a plastic liner that had to be changed frequently. It became apparent that it would be costly and impractical to have such a bin in each cluster, as well as in the York and Upland buildings.

Since Veteran Compost is already coming to Broadmead to pick up food scraps from the kitchen, adding one more bin is a minor cost. If the bin by the community garden is a success, it's possible that additional bins could be placed elsewhere on campus.

To see a flyer detailing what can and cannot be composted, go to www.broadmeadbra. Go to "About," then click on "Food Composting Do's and Don'ts," or pick up a paper copy in the lobby by the mailboxes.

THE GREENING OF BROADMEAD:

Composting: It can be a pain, so why should we do it?

By Carel Hedlund and Jane Harrison

Residents will soon have the opportunity to compost their food scraps. While details are sorted out regarding the best, most convenient place(s) for placement of compost collection barrels, it's important to remember why we should make the effort to compost any food scraps we have. (*See "Food Composting: Doing it right" for the initial plan.*)



Tons of food waste at Broadmead are being composted to enrich the Earth. Photo by Alice Cherbonnier

The primary reason is that composting is a simple action we all can take to mitigate climate change.

By composting, we are preventing our food scraps from being dumped in the landfill. That dumping generates large amounts of greenhouse gases, including methane and carbon dioxide (CO₂). Nationally, food waste makes up about 24% of landfill space. These landfills, in turn, release about 17% of total US human-generated methane emissions.

In contrast, well-managed composting, like that done by Veteran Compost, which has been collecting Broadmead Center's food waste, produces very little methane or nitrous oxide. This compost also helps with holding carbon in the soil.

Broadmead's kitchen has been composting all its food waste with Veteran Compost since late spring. According to Gina Mathias, VP for Sustainability, from late March through the end of September, Broadmead's kitchen has diverted 15,680 gallons—or about 30 tons—of food waste. This food waste composting has saved about 26 tons of CO₂. That's the equivalent of saving 2,654 gallons of gasoline or growing 390 tree seedlings for 10 years: pretty impressive.

If all of us keep our personal food scraps out of the landfill by composting them, we can increase this savings of CO₂ and methane emissions. Let's do it!

As Rumi said, "The ground's generosity takes in our compost and grows beauty! Try to be more like the ground."

REFERENCES: <https://marylandgrows.umd.edu/2023/09/25/composting-and-climate-change/>

<https://stopwaste.co/calculator/>

<https://www.epa.gov/energy/greenhouse-gas-equivalencies-calculator#results>



"The High Place," by Keith Martin. Photo by Jackie Mintz

Open Forum has new leadership

By Al Berkeley

After some 75 Open Forum events, Stant Collins has turned the Open Forum reins over to Alfred Berkeley and Michael Goodrich. Mike and Al have big shoes to fill, but they say that, thanks to Stant, they are off to a good start.

A few changes are in the works. For example, Open Forum is experimenting with holding two events per month, September through June, rather than one. One will feature a resident and the other will bring in an outside speaker.

Another change is to offer some sessions as lectures, and others with the featured guest being interviewed by Mike or Al or another resident. The first interview format took place on September 29, when Mike interviewed Donald McGonigle, a speaker on biodefense and disaster management.

Since the goal of the Open Forum is simple—to bring interesting experts on engrossing topics to the Broadmead community—Al and Mike are looking for suggestions from residents as to speakers, formats, topics and scheduling. You can reach Al Berkeley at AlfredBerkeley@gmail.com and Mike Goodrich at MPGoodrich1010@gmail.com.

BROADMEAD COLLECTION ARTIST PROFILE:

Keith Martin, abstract painter

By Jackie Mintz

The current South Hall art exhibit features a significant painting that has been owned by Broadmead for decades, but has been virtually unnoticeable on campus in recent years—first stored in Holly House during the Master Plan construction, and then hung in the back of the Auditorium.



Keith Martin. File photo, Baltimore Sun.

The abstract surrealist work, titled "The High Place," is by Keith Martin, an internationally known abstract painter and early Broadmead resident. A large (54" x 50") oil on canvas, it appears to be disjointed and dreamlike, with collage-like elements on a predominantly sky blue background. It was donated to Broadmead in 1981 by Martin's friends and fellow Broadmead residents.

Keith Martin moved to Broadmead in 1979 and lived in R Cluster. According to Broadmead's longtime plumber, Marshall Roane, one day Martin showed him a "concept drawing" of what would eventually become "The High Place"—a pencil sketch on a small index card.

He then showed Marshall the next version, drawn on an 8.5" x 11" sheet of paper. When Marshall indicated he had to get back to work, Martin said, "Do you know how much people pay me for what I just told you?"

Keith Morrow Martin was born in Lincoln, Neb., in 1911. He studied at the Art Institute of Chicago and then spent years painting in Europe in the 1930s and 1940s. Then, after living in New York City, he moved to Baltimore, where he spent the rest of his career at the Maryland Institute College of Art (then Maryland Institute), from which he received an honorary degree in 1981. Martin died in 1983.

Martin's work, influenced by Matisse, Picasso and Paul Klee, resonates with light and color. In his later period, he produced works in collage, pen-and-ink, and mixed media.

Martin had solo exhibits in Paris and Berlin as well as New York, Washington and Baltimore. His work is included in the collections of the National Gallery of Art, the Whitney Museum of American Art, the Art Institute of Chicago, the National Museum of American Art in Washington, and the Neue Nationalgalerie of Berlin, as well as at the Baltimore Museum of Art. Much of his work, however, was bequeathed to the Peale Museum, in downtown Baltimore.

Note: Martin also donated two other works to Broadmead.

10 years



George Chick
Campus Safety
Specialist Team Lead



Crystal English
CMA



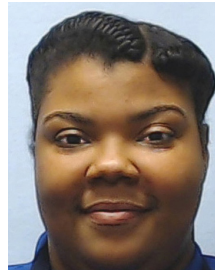
Geraldine Pearson
Geriatric Nursing
Assistant



Alison Sinclair
RN-Rehab Manager



Esther Stewart
LPN-Assisted
Living/Memory Care

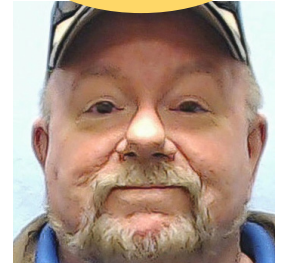


Eshawna Tyson
Memory Support
Dietary Aide

20 years



Rosetta Anderson RN
Supervisor

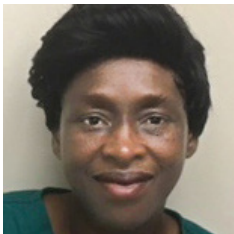


Kevin McCabe
Driver

Employee service anniversaries

On September 14 at noon at Timonium's Bluestone Restaurant, twenty-one Broadmead employees who had reached key service anniversaries were honored. The ceremony emcee was Kristy Krueger, VP of Marketing. Awardees received gifts, certificates and pins.

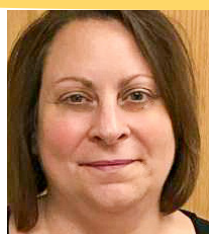
5 years



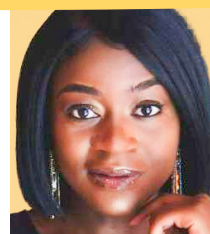
Barbara Alechenu
Certified Personal
Assistant



Emmanuel Anokwute
Multi-Server



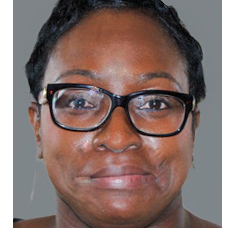
Lisa Berres
Transportation
Supervisor



Fanny Chakunteh
Geriatric Nursing
Assistant



Tricia Haynes
RN Supervisor



Keisha Laidley-Cross
Certified Personal
Assistant



Kristen Myers
Sales Residency
Counselor



Pushpavathamma Nallabotula
Director of Nursing



Kelechi Obi
RN



Mavis Seymour
GNA/CMT



Thomas Staalesen
Grounds
Specialist



Sarah Vincent
Home
Management
Associate



Terrence Washington, Jr.
Utility, Dining
Services

Please congratulate and thank these dedicated employees for their longtime service to the Broadmead community!

“Santa and His Three Elves” exhibit opens November 1

By Jane Elkinton

In the spirit of the holidays and fun, on Wednesday, November 1 the Broadmead Artists gallery will open an exhibit of paintings and limericks by resident humorist Bob Heaton. The works presented in the Wellness lobby area are part of Bob’s ongoing series describing the antics of “Santa and His Three Elves.” The limericks and acrylic paintings are paired, and have been reproduced over the years as holiday cards.

Bob began painting with oils in the 1960’s but, as happens for so many artists, “life happens” and he did not resume in earnest until after his retirement in 2002, when he took up acrylics. In addition to the art lessons he has taken, Robert has been most inspired in his landscape and still life paintings of James Bama and N.C. Wyeth and the spare works of Edward Hopper.

The muse for the “Santa” set comes from either the image or the poem, depending on the whim of the artist. When asked about Santa and global warming, Bob was ready, offering up the following limerick, dated 2016:

The forecasters said, “No more snow.”

Said Santa, “The runners must go—

We’ll put on four wheels

And see how it feels

To land on bare rooftops below.”

“Santa and His Three Elves” will be on view in the Broadmead Artists gallery in the Wellness lobby through December 31. Please visit and enjoy a chuckle. A “Meet the Artist” event will be scheduled in December.



One of Bob Heaton’s whimsical holiday paintings, which he accompanies with his limericks. Photo by Jane Elkinton

UPCOMING OPEN FORUM:

Ukraine-U.S. student exchange program recalled

By Pete Sugatt

An Open Forum on a student exchange program between Baltimore County public schools and School 155 in Kyiv, Ukraine, will be held in the Auditorium on Tuesday, November 17 at 7:00 p.m. The speakers will be Broadmead resident Pete Sugatt and his Ukrainian counterpart in the program, George Kostylov. They will describe their experiences in creating and conducting multiple student exchanges between 1991, when the Soviet Union collapsed, and 1998.

During that period, a total of about 400 U.S. and Ukrainian families—200 each way—hosted one another’s children for up to two weeks. Each exchange included attending school classes, taking cultural tours, and



Pete Sugatt and George Kostylov show solidarity in support of building multicultural understanding through international student exchanges. Photo courtesy Pete Sugatt

taking part in host families’ outings and activities. Baltimore County students from Dulaney, Perry Hall, Woodlawn, Sparrows Point, Parkville and Overlea high schools, as well as Dumbarton Middle School, participated in the program.

Olga Salnik, Mr. Kostylov’s teaching assistant, coordinated the Ukrainian side of the exchange

and worked directly with Pete Sugatt, who taught social studies for 29 years in Baltimore County schools.

Mr. Kostylov, principal of School 155, was a pioneering educator in Ukraine during Soviet times up to February 2022, when he left Ukraine on the night of the Russian invasion of his country. He now lives temporarily in Bethesda, Md.

Mr. Kostylov also established student exchange programs with his school that involved participants from Germany, the Netherlands and Lithuania.



"I know another one will come by any minute!"

The Voice alternates pet stories. Contact Kathleen Truelove to suggest dog profiles or Jackie Mintz to nominate cats.

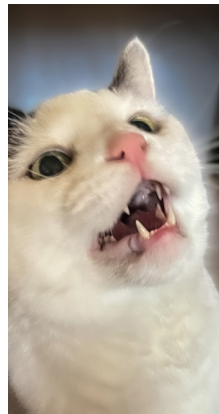
Simon the Cat Greet Visitors in Cluster C

Text and photo(s) by Jackie Mintz

Simon is very friendly and welcomes visitors. Happily for him, visitors appear quite frequently at Sharon McKinley's Cluster C home. Broadmead plumber Marshall Roane and other maintenance staff come by often, since the equipment for regulating water and other utilities for the C Cluster are located in Sharon's C-1 attic. Simon's friendliness does not extend, alas, to sitting on Sharon's lap, but he does sleep on the bed.

Simon also enjoys looking out the back door, most fascinated by the little mice and chipmunks that scamper by.

To say Simon likes to eat is an understatement. He loves to eat. In fact, he has been called a competitive eater. Like all cats, Simon is also into self care—but his physical

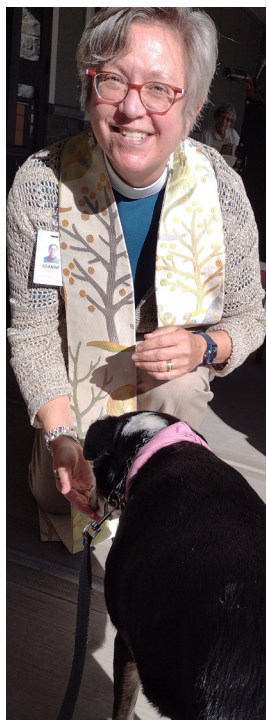


"Feed me!"

exercise regime is limited to "red eye" aerobics, energetically plunging after the little red laser light toy that cats love. He also sleeps a lot.

Sharon adopted Simon, a white cat with black splotches on his back, when he was 18 months old. He was part of a package deal with his sister, Darcy. The feline siblings had previously been sheltered by a foster family. When Sharon first brought the pair home, they hid out in her basement for two weeks. Sharon says Simon then moved into her closet, and sat there with his face to the wall. (Darcy died mid-Covid.)

Simon has now been a member of Sharon's family for 13 years. They moved to Broadmead together in July 2022.



Above: Joanne Tetrault prepares to bless Bunny Dadds' Maggie. Photo by Bunny Dadds

"Blessing of the Animals" tradition continues at Broadmead

The blessing of companion and agricultural animals takes place in many faith traditions and cultures. Among some Christians, "Blessing of the Animals" rituals have generally been a way to commemorate the Feast Day of St. Francis of Assisi, who is the patron saint of animals.

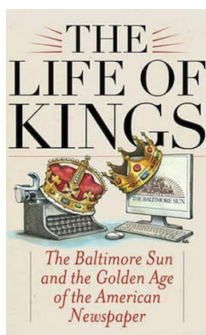
On Wednesday, October 5, Joanne Tetrault, an Episcopal priest who is also Broadmead's volunteer coordinator and spiritual advisor, blessed residents' pets at an event held on the covered walkway adjacent to the Stony Run parking lot.



Joanne blesses Champ as Amy Redmon-Norwood looks on. Photo by Willy Sydnor



Joanne Tetrault blesses Autumn, Jane Elkinton's cat, as (l.-r.) Jane Elkinton, Robin Tate, Dorian Borsella and Suzanne Crowder look on. Photo by Willy Sydnor



BOOK REVIEW

The Life of Kings

By Sue Baker

Reading *The Life of Kings, The Baltimore Sun and the Golden Age of the American Newspaper* made me proud to be a long-time subscriber of *The Sun*, whose prize-winning glory days are recounted in this book's 27 chapters by its outstanding reporters and editors. Russell Baker, Barry Rascovar, Joseph Sterne, Laura Lipman, and many others familiar to Broadmead readers, delighted this reader with their enthusiasm for their work with Baltimore's pre-eminent paper, which in its heyday supported nine foreign bureaus and more than a dozen members in its Washington bureau.

The stature of the *Sun* owed much to its loyal staff of reporters, and to the editors who wisely gave reporters the freedom to follow up on their hunches and pull on the strings that opened up important stories of local and national importance. For example, Frederic B. Hill, who with Stephens Broening edited the volume, described the Sun's role



A cartoon called "Sketch out Ideas," by Kevin Kallaugh (KAL), from *The Life of Kings*.

in exposing Baltimore County corruption that eventually led to the downfall of County Executive—and later Governor of Maryland and U.S. Vice President—Spiro Agnew.

The eye-opening chapter by Finnish-born reporter Antero Pietila, for whom the *Baltimore Sun* was a foreign assignment, detailed Maryland's history as a racist state,

from countenancing slavery for centuries to more recent red-lining in Baltimore, which other cities emulated in attempts to keep non-whites and Jews out of many neighborhoods.

In contrast, Tom Horton, who helped save the Chesapeake Bay by familiarizing us with its wonders, described the crucially important wetlands, the challenges to our favorite foods, such as oysters and rockfish, as well as the watermen, and the need to protect all of these treasures from those whose main interest was in profits.

A good cartoonist changes our mind through humor, and Kevin Kallaugh ('KAL'), is one of the best. His cartoons added sparkle to some 4,000 editorial pages of the *Sun*. In this book he tackles the politics of cartooning, and his chapter describes the difficult process of conjuring up those cartoons.

For more than a century and a half the *Sun* was at the center of Baltimore's civic life, keeping a faithful record of the city's heart-beat. It was able to do so because its local owners did not sacrifice integrity for short-term profits. They enabled the men and women they employed to do their work with little interference. That all changed when the paper was sold to outsiders. Several owners later, today's *Sun* is a pale shadow of the paper so affectionately recalled in this book.

The Life of Kings was published by Rowman & Littlefield, 2016.

Help with computer issues is only a Thursday away

Broadmead residents have easy access to help with computers and other digital devices. Joe Cox, an information technology (IT) consultant with Prelude Services, Broadmead's IT provider, leads walk-in help sessions on most Thursdays at 11 a.m. in the Cabinet Room. No appointment is needed.

In addition, Joe leads technology education sessions on occasional third Thursdays in the Auditorium, with slide presentations and Q and A at the end. The next one is set for Thursday, November 16 at 11 a.m.

At an session about information security awareness on Thursday, September 21, Joe discussed managing and protecting passwords as well as ways to avoid malware and hackers. These concerns are heightened for seniors, who are frequently targeted by "bad actors" online, and are also vulnerable to fraud in person by individuals with access to their digital devices.

Keeping passwords safe has become so difficult that Joe advised creating "phrase passwords" instead, with 15 or more characters. He suggested using groups of words that are easy for the user to recall, but difficult for others to guess. Go to <http://www.useapassphrase.com> to learn more.



An array of sushi at Umi Sake restaurant.

RESTAURANT REVIEW: **Umi Sake**

Text and photo by Jackie Mintz

Umi Sake, a contemporary Pan-Asian restaurant in Cockeysville, serves sushi as well as other Asian-style dishes. During more than a decade of frequenting this restaurant, this writer's favorite starters have been chicken lettuce wrap (a stir fry of minced chicken and diced vegetables rolled up in large lettuce leaves); scallion pancakes (thin pancakes wrapped around bundles of string beans, sliced into rounds to be picked up with one's fingers and dipped into a thin soy-based sauce); and octopus salad (baby octopus marinated in a sweet and salty sauce, tossed with seaweed salad and cucumber). These and other starters are big enough to serve as a main entree.

Umi Sake's extensive menu includes dozens of choices, from the elaborate (passion roll and Hawaii Five-O roll) to the traditional *sushi* and *maki* creations. Some highly recommended sushis are: tuna, yellowtail, salmon, and aburahi shrimp. A customer-favorite sushi (slices of raw fish on little pillows of lightly vinegared rice) is *unagi*: grilled eel filets with a slightly sweet soy-based glaze. Also popular and delicious are traditional makis—sushi rolls of rice with a core of seafood or vegetables wrapped in *nori* (seaweed) sheets. The crispy salmon-skin maki, served in a small bundle with strips of cucumber and wrapped in a coat of rice, is also worth trying.

For those who prefer cooked food, Umi Sake offers traditional Chinese and other Asian dishes such as *kung pao* chicken and teriyaki salmon, as well as tempura and noodle dishes such as *pad thai*, Singapore noodles, and seafood *yaki udon*.

Starters range from \$6 to \$10; entrees, from \$14 to \$30. Portions are large enough for sharing. Sushi entrees are priced from \$20 to \$33; *nigiri* sushis and *sashimi* plates, \$5.50 to \$13. Portions of the latter are small appetizer size; order two or three for an entree. Beer, wine, and sake are served.

Umi Sake is at 9726 York Rd., next to Auto Nation. Covered outdoor eating is an option. It's bustling on weekends but quieter on weekdays. Reservations for four or more are recommended. Open daily from 11 a.m. to 10 p.m. 410-667-6586. www.umisakemd.com

The East Hall

will feature artwork by resident

Ana Maria Colwill

oils, pastels, watercolors, and calligraphy during the month of November

Broadmead Writers

Meet every Friday 3:00 p.m. via ZOOM

Contact Maggie Babb

maggie.babb@gmail.com

First Monday Book Group

Mon, Nov. 6, 10:30 a.m.

Fireplace Room

Horse, Geraldine Brooks

Mystery Book Group

Monday, November 20 at 1:00 p.m.

Upland Community Room

Standing in the Shadows

Peter Robinson (A DCI Banks Novel)

Health Care Lecture

Speaker: Dr. John Burton

"The Evolution of Geriatrics"
in the U.S.

Monday, November 20 at 3:30 pm,
Auditorium

HearHere Conversation Event

"Making Holiday Gatherings Hear-Able"

Wednesday, November 15, 10:30 a.m.
in the Auditorium

Facilitator: Susan Saunders, resident

An opportunity for all to share pro-active tips for better communication

In Memoriam

Ruth Williams

June 9, 1927- September 16, 2023

Mary “Ginny” Hoefner

December 11, 1942- September 13, 2023

Linda Mattingly

March 16, 1949 – October 18, 2023

Let’s Sing

7 p.m. in the Auditorium

Monday, November 13

Monday, December 18

Sing along with BSO musician
Jonathan Jensen
or just listen to wonderful songs.
Lyric books provided.

Info: Sharon Mckinley

410-660-9147

samckinley@gmail.com

Musical Movie Matinee

Wednesdays at 3:00 p.m. in the Auditorium

November 1, 2023: “CHICAGO”

Running Time: 1h 40m

December 6, 2023: “THE KING AND I”

Running Time: 2h 7m

Resident Email List

—For current residents only—

Join the Broadmead resident email list

Send an email to:

brabroadmead@gmail.com

To join the BRA business email list:

Send an email to:

joen1234@comcast.net

TEAM MEMBER PROFILE

Amy Thacker brings just the right touch to her work

Text and photos by Kathleen Truelove

Amy Thacker is Broadmead’s newest massage therapist, working here on Mondays and Wednesdays from 8:30 a.m. to 6 p.m. She says “People think of massage as a treat, not a treatment, but it’s both. For example, it can be a treat before going to physical therapy, or a treatment after it.”

Since high school, Amy had been interested in massage therapy, but she worked at a series of office jobs. Eventually, on the way to



Amy Thacker

a job interview, she passed the Baltimore School of Massage and saw that as an omen. She got the job, which was nearby, and enrolled in massage school. She has now been a massage therapist for 14 years.

Amy likes being an independent contractor at Broadmead, having control of her schedule and offering individualized massage plans. She says, “I also like that I’m not hustling for—nor living off—tips. I have a very fair wage here and I like that I’m only selling massage, not lotions and potions,

hoping for a commission.” She enjoys the diversity of backgrounds in Broadmead residents, and is impressed with what a lively bunch of retirees live here.

In addition to doing massages here at Broadmead, Amy has a business called “B-More Relaxed—the Hon with the Hands,” which is a massage service she offers in people’s homes. Those hands also have another business, Petal Ears Studio, for her ceramics. She sells these at Renaissance Festivals in several states.

The eldest of three children, Amy was raised near Patterson Park, with extended family nearby. She now lives in Overlea near another park, still with family members nearby.



Amy Thacker also uses her skilled hands to create ceramics for her side business.

TEAM MEMBER PROFILE

Hair's the deal with Debbie Williams

Text and photo by Kathleen Truelove

Debbie Williams says the thing she enjoys most about being a hairdresser at Broadmead is making her clients feel beautiful, especially those going through difficulties. She loves the look on a lady's face when she sees her fresh new hairdo. Debbie especially likes working with clients on the skilled nursing floors. Some come down to the salon, while she goes upstairs for others. Last Mother's Day she made corsages for all the ladies upstairs, in memory of her mother, who had recently died. Debbie made corsages for her mother every year for Mother's Day.



Debbie Williams

A native of Cockeysville's Sherwood Hill area, Debbie grew up with lots of family nearby. A cousin told her that she should go to cosmetology school, and she's glad she took the advice. Her first job was at the Jules salon in Cockeysville. She married and had a daughter, but was divorced after eight years of marriage, when April was four. During this time, she moved to Catanzaro salon on Padonia Road, where she worked for twenty years, while also working as a teacher's aide at a preschool and waiting tables. Eventually, Debbie remarried and ran a hairdressing business out of her home until she became a manager at Sally Beauty Supply, where she met Lorraine Bazzell, manager of Broadmead's salon and spa. In 2006, Debbie came here as a result of this connection.

The new hair salon space is lovely, Debbie says, but accommodates just two clients at a time, rather than the five possible in the salon's former space on the lower level of Broadmead Center. She most enjoys doing haircuts and observes that fashions in hair go in cycles—curly, straight, back to curly, shorter and longer. Debbie also says that hair colors people choose now are more vibrant than in the past.

Debbie's daughter April—mother of Olivia and Anthony, Debbie's grandchildren—is now a nail technician who does nail designs.

Low on funds? BRAF may be able to help

The Broadmead Residents Assistance Fund (BRAF) can provide financial assistance to Broadmead residents whose financial reserves are running low. The Fund can be used for help with monthly fees or for one-time expenditures, such as purchasing medical equipment or walking aids. Applications are confidential. Contact Jennifer Schillp, Broadmead's CFO, at 443-578-8063.

Music Committee Presentations

Phenomenal Women

Sunday, November 12, 2023
3 p.m. in the Auditorium

The Mayo Family Band

Bistro • Friday, November 17 • 4 - 6 p.m.

Baltimore Chamber Orchestra's

Live Wire String Quartet

Sunday, November 19, 2023
7:00 p.m. in the Auditorium

Baltimore Chapter, SPEBSQSA, Inc.

Harbor City Chorus

Monday, November 27, 2023
7:00 p.m. in the Auditorium

New Arrivals

Anne Carter-Smith

September 29, 2023, C4
443-578-8216

Ruth Reiner

October 2, E-10
443-506-8477

Barbara Hunter

October 18, R-14
443-578-8693

Quaker Meeting at Broadmead

Sundays 10:30 - 11:15 a.m.

Fireplace Room

All residents are invited

Socrates Café

Short Video and Discussion:

"Taoism: Be Like Water"

Query: In what ways would becoming
more "like water" enhance my life?

Tuesday November 21

10:30-11:45 a.m. • Auditorium

Open to All • Sponsored by Towson
Unitarian Universalist Church

Clear track ahead for model trains at Broadmead

By Barry French

The Broadmead Model Railroad and Railroad-ing Group is planning a bigger and better holiday train garden this year. Along with the American Flyer Circus Train (S Gauge) and Fred Terry's tiny (Z Gauge) trains, we have added more Circus Train cars, engines, tents, and animals. We have also acquired a Lionel (O Gauge) Train, donated by Barry French's sister.

The additional 1950's Circus Train and accessories were procured by Bill Hakkarinen from a member of the Baltimore American Flyer Club. Bill and Barry French took a field trip to Harrisburg, PA to pick up the additional Circus Train and accessories.

During this seasonal train display, residents will be able to operate the trains, blow the whistles, ring the bells, and toot the horns now that Bill has acquired three remote control locomotives. Last year visitors to residents, including those in the upstairs communities, also enjoyed operating the remote controls. The train group hopes to see more visitors this year.

Several tables for the Circus Train, the Lionel Train, and the Z Gauge Train will be set up at the



Bob Morris and Barry French look over new model train acquisitions. Photo by Bill Hakkarinen

bottom of the stairway in the library area.

This year the train group expects to include some of the beautiful model buildings that Broadmead residents, including Bob Morris, brought with them when they moved here.

Dates and times for visiting the holiday train garden will be announced later. The train group looks forward to demonstrating what the trains can do.

Model train volunteers needed

The Broadmead Model Railroad and Railroad-ing Group meets on the fourth Wednesday of each month at 10 a.m. in the Fireplace Room. The November meeting will be devoted to setting up the train layout. The 4'x8' platform will have multiple circles of track and will take more care to assemble than previous holiday setups. The group also needs help with operating the trains more often than just at the dinner hour.

Voice of the Residents Vol. 45, No. 3 • November 2023

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EDITORIAL POLICY: The *Voice* is published September through June by and for the Broadmead Residents Association, whose president is Kathryn Shelton. It seeks to announce and report on activities at Broadmead and to carry news, features and photos of interest to residents. As its major goal is to promote a sense of community, The *Voice* does not publish criticism or controversial opinions about individuals or about the three organizational bodies that constitute Broadmead (residents, administration and trustees), as there are established procedures for the resolution of internal problems. The *Voice* will not publish matters of a religious or political nature, except in the context of reports about events on campus. Publicity for upcoming events is preferred to reports on events already held. Submissions from outside media are not published owing to space limitations and possible copyright issues. Mailing address: Voice Office, c/o Broadmead Residents Association (BRA), 13801 York Road, Cockeysville, MD 21230.

Decisions about content as well as writing and photography assignments are made by the Editor in consultation with the Editorial Board, at meetings usually held the fourth Wednesday of each month. Ideas or suggestions for articles should be submitted to the Editor, Alice Cherbonnier, by email: alicecherbonnier@gmail.com. Only electronic files are acceptable. Files should be submitted in Word or Pages. All copy is subject to editing, including for length. Photos should be submitted in high resolution (actual size).

Deadline for submissions is the 15th of the month prior to publication. Please query editor if you have a story idea. All submissions must be digital. Photos must be high resolution in JPEG or TIF format.

NEW RESIDENT PROFILE

Emil Elinsky

P-8, 443-578-8668, eandselinsky@aol.com, May 2023

Text and photo by Willy Sydnor

How many people can say they walked in the Fort McHenry Tunnel during its construction? Emil Elinsky did that when working for the Federal Highway Administration (FHWA). He and fellow engineers in FHWA worked closely with



Emil Elinsky

Maryland's Department of Transportation and Baltimore City's Interstate Division of Baltimore City to complete projects like the tunnel.

Born and raised in Wilkes Barre, PA, Emil attended Bucknell University, where he got a B.S. in Civil Engineering. Also while at Bucknell, he "met my beautiful bride," to whom he has been married for 64 years.

When asked about the origin of his name, Emil says his parents planned on naming him Daniel, but his godparents misunderstood, and at the christening they said his name was Emil, which stayed with him.

Emil's passion is hiking; he has participated in the Walk Across Maryland, which means walking a 40-mile section of the Appalachian Trail in one day. He has done this nine and three-quarters times! And Emil has a shellfishing license, which permits him to dig for clams and oysters.

He says that he and Susan are known as "wash-ashores" meaning they weren't born on Cape Cod, where they have a second home. The Elinskys love to travel and have visited England, Italy, the Baltic countries, and China among others.

Both Emil and Susan volunteer at St. Francis Episcopal Parish and Community Center, where Emil has been involved in buildings and grounds projects. He has served on the vestry and was co-leader of the church's 50th Anniversary celebration. Emil also tutored math and reading at Carroll Manor Elementary School for about 10 years, and regularly volunteers as a greeter at GBMC.

NEW RESIDENT PROFILE

Susan Elinsky

P-8, 443-578-8668, eandselinsky@aol.com, May 2023

Text and photo by Willy Sydnor

Even though Susan and Emil Elinsky took possession of their new home at Broadmead in May, they were here for only a month before heading north to their other home in West Yarmouth on Cape Cod, where they have vacationed every summer since 1997.

Susan was born and raised in Utica, NY and attended school there until she went to Bucknell University, where she earned a B.A. in liberal arts with a major in Spanish. Also while at Bucknell, she met Emil, as they both were working in the women's dining hall. They married in 1959 and have three children: Stephen, who lives nearby with his wife; daughter Cheryl, who lives with her partner in Vermont, and daughter Mary Beth, who is a single mom in northern California. They have four grandchildren.



Susan Elinsky

After raising the three children, Susan went back to college at the University of Maryland, where she received a master's degree in Instructional Design, which prepared her for teaching English as a Second Language (ESOL). When she first started teaching, most of her students were Korean, but over time they came from many backgrounds. Susan said that having a background in other languages was helpful in this work, but not necessary. She found that her education and work experiences were a help to her when writing ESOL curricula.

After retiring in 1996, Susan began volunteering at GBMC, first doing flower arranging and then becoming a receptionist in the Diagnostic Lab. She has also been active for several years at St. Francis Episcopal Parish and Community Center in Timonium (formerly known as Epiphany Episcopal Church), serving on the vestry, arranging flowers, singing in the choir, and assisting with fundraising.

Susan studied flower arranging at the Washington National Cathedral and is a member of the Baltimore Ikebana group. She also is a knitter and does needlepoint.

NEW RESIDENT PROFILE

Karen Porzio

C-13, 443-578-8201, mporzio9@comcast.net,
September 2023

Text and photo by Kathleen Truelove

Karen Porzio has a collection of about 200 pieces of American brilliant cut glass and nearly as many ruby red glass pieces. They are displayed all around her garden home. With her background in chemistry, she mentions that the deep red color in the glass is produced with gold chloride, which accounts for the higher price of this glass.



Karen Porzio

An only child and only grandchild, Karen Caufield grew up in Roselle Park, NJ. She received a BS in chemistry from the College of William and Mary and a MS in chemistry from the University of Virginia, where she developed an appreciation of Thomas Jefferson's many accomplishments. After traveling in Europe for five months, she went to the University of Hawaii to work on her PhD. There, she met Michael Porzio. They married and moved to Michigan, where he did a post-doctoral fellowship and Karen switched from chemistry to computers, going to work for the state lottery bureau. She had learned Fortran in order to teach it to her physical chemistry students in Hawaii.

When Michael got a job offer from General Mills, the couple moved to Minnesota, where Karen also worked for that company, still in computers. After 18 years, they moved to Monkton, MD, where Michael became McCormick's chief principal scientist. She decided not to work once in Maryland because a job with Hewlett-Packard computers, to which she was accustomed, would have necessitated an arduous commute to the DC area. That was 32 years ago. She volunteered at the Hereford library until the pandemic sent her into retirement.

Michael died in 2014, after 43 years of marriage. When Karen returned to Hawaii in 2017 to scatter his ashes, she was struck by the effects of climate change since she first lived there in the late 1960s.

Karen says she has enjoyed all the places where she's lived, noting that each has its own culture. At Broadmead, she looks forward to continuing to pursue her hobbies: reading, doing counted cross stitch, and learning about glass.

NEW RESIDENT PROFILE

Elizabeth Elliott

K-17, 443-578-8217, eelliott43@me.com,
October 2023

By Ann Hunter

Elizabeth Elliott started off intending to be a teacher, but soon found herself on a music and science path. Born and raised in Pottsville, PA, Elizabeth attended Goucher College, earning a BA in elementary education. While teaching in Baltimore, she was invited to audition for the newly formed Baltimore Choral Arts Society. Elizabeth sang in the Society's first concert, a performance of Bach's *St. John Passion*, which was a true life highlight.

While teaching in Baltimore, Elizabeth was invited to audition for the newly formed Baltimore Choral Arts Society. She sang in the first concert, a performance of Bach's *St. John Passion*, which she says was a true life highlight. After her time at Penn State, without a job, she returned to Baltimore to sing with Choral Arts. A woman in the chorus offered her work at Hopkins, to help with a study at the School of Hygiene and Public Health (now the Bloomberg School of Public Health). When that study ended, the professor next door hired her to work on a new grant. While working full time, she earned a Master of Health Science and a Doctor of Science in epidemiology from Hopkins. She continued at Hopkins until her retirement, teaching and conducting studies in epidemiology.



Photo by Elizabeth Elliott

For Elizabeth, Choral Arts has remained a constant source of joy and relief from the stresses of work and study, providing her with many more musical highlights. She is also an avid bookmaker. At an exhibit at the Washington Cathedral, she discovered that calligraphers had incorporated their work into handmade books. "I want to do that!" she thought. The skills she learned at MICA and elsewhere enabled her to make her own artist books.

When Elizabeth first received a brochure for Broadmead, she wasn't ready for a retirement community, but she was intrigued with the campus's garden home arrangement. Until recently, she thought her home in Towson was ideal for her as she aged, but then realized that it was perhaps time to look at Broadmead again.

NOVEMBER MOVIES AT BROADMEAD: Tuesdays & Saturdays

Auditorium, 7 p.m. • By Del Sweeney



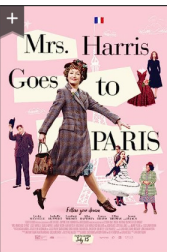
Saturday, November 4: **You Hurt My Feelings**

A novelist's longstanding marriage is suddenly upended when she overhears her husband giving his honest reaction to her latest book. Written and directed by Nicole Holofcener. With Julia Louis-Dreyfus, Tobias Menzies. 2023 Drama/Comedy R 1 hr 33 min



Tuesday, November 7: **After Love**

A day after Mary Hussain buries her husband, she discovers he had a secret family in France. With Joanna Scanlon, Nathalie Richard. 2020 British Drama 1 hr 30 min



Saturday, November 11: **Mrs. Harris Goes to Paris**

In the 1950s, a British housekeeper whose husband died in the war comes into some money and pursues her heart's desire: to buy a Dior dress. With Leslie Manville, Isabelle Huppert. 2022 British Comedy PG 1 hr 55 min



Saturday, November 18: **Air**

The movie follows the history of sports marketing executive Sonny Vaccaro, and how he led Nike in its pursuit of the greatest athlete in the history of basketball, Michael Jordan. Directed by Ben Affleck. With Matt Damon, Ben Affleck, Viola Davis. 2023 Drama R 1 hr 54 min

Sign up now for the Bridge Round Robin

The tradition continues! Pairs of bridge players rotate monthly. Total scores are tallied and reported at the end of the game cycle. For info, contact Sumner Clarren at 301-648-8855 or email s_clarren@msn.com.



Saturday, November 25: **Purple Rose of Cairo** (tentative)

Cecilia, a waitress, goes to the movies to escape her bleak life and abusive marriage. One night, a film character named Tom Baxter steps out of the movie and enters the real world. Directed by Woody Allen. With Mia Farrow, Jeff Daniels. 1985 Fantasy/Romance PG 1 hr 22 min



Tuesday, November 28: **Rabbit-Proof Fence**

Three young girls labeled as "half-castes" escape after being forcibly removed from their parents. They walk the 1,500 miles back to their homes while being pursued by White law enforcement authorities and an Aboriginal tracker. The child removal policy existed in Australia between 1905 and 1967. With Everlyn Sampi, Kenneth Branagh, David Gulpilil. 2002 Australian Drama PG 1 hr 34 min

Harbor City Chorus performs on Nov. 27

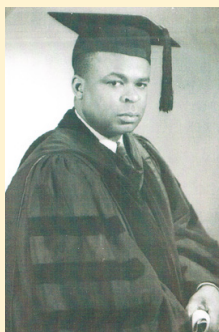
The Harbor City Chorus will perform in the Auditorium on Monday, November 27 at 7:00 p.m. Founded in 1944, the chorus is the oldest barbershop chapter in Maryland. Harbor City focuses on the fun and fellowship of singing for the enjoyment of others rather on competitions. Before COVID, they performed frequently at Broadmead.

While visiting his mother in rehab at Broadmead, Michael Bereson, a chorus member, discussed the idea of performing here with Laurie Snyder, a Life-styles coordinator, and Denise Love, Music Committee chair. As a result, Harbor City Chorus will perform for the Upstairs Neighborhoods on November 4 as well as on November 27 for the entire Broadmead community.

FROM THE ARCHIVES:
November 1979

NEWSPAPER LOOKING FOR A STAFF

Yes, you are right. What you are reading is a first attempt of Broadmead's Residents to have a Residents-oriented, edited and produced "newsletter". It has the blessings of the Program Committee and will continue until there is a full-fledged Residents Association. Or, if we are good enough, it may continue down the years.



Jim Fleming

Jim Fleming has consented to coordinate getting out the first issue or issues, in the hope that a staff can be organized out of the 15 Residents whose profiles show that they have some experiences or training, or interest

in writing, English or journalism.

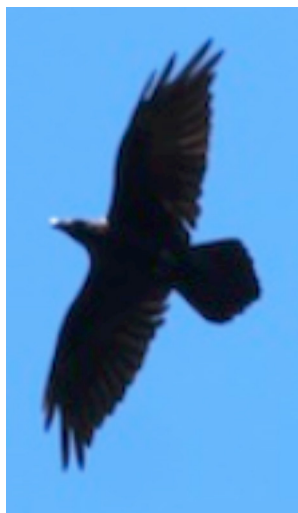
Jim (Dr. G. James Fleming) has spent his last 20 working years as professor of political science at Morgan State University, but his first degree was in journalism (Wisconsin) and he spent nearly half of his life as newspaper reporter or editor. Even now, he writes a weekly column for the Baltimore Afro-American and an occasional column for the Daily News of the Virgin Islands. From 1945-50, he was on the national staff of the American Friends Service Committee.

—Research by Kathleen Truelove

BROADMEAD BIRD WATCHING

The Tail of the Common Raven

By Debbie Terry



The Common Raven has a pointed tail (top), while the American Crow's (below) is blunt. Photo of raven by Josh Emm; photo of crow by Wendy Alexander. Photos courtesy of the Maryland Biodiversity Project.



Are you aware that the Common Raven, for which our football team is named and about which Edgar Allan Poe wrote, flies over Broadmead regularly? It is a very large bird and is one of the most intelligent.

Because ravens are exceedingly smart, they are dangerous predators. Not only are they scavengers, but they sometimes work in pairs to capture newborn birds and animals (which may be as large as young lambs).

Ravens can survive in all habitats, from hot deserts to the Arctic tundra. Since the 1900s they have been making a comeback to the Northeast U.S., where they have strong competition from Bald Eagles, Vultures and the Red-tailed and Red-shouldered Hawks.

For the last couple of years, ravens have been nesting under the old, now-vacant bridge over the Gunpowder River on Paper Mill Road, which is just around the corner from Broadmead. Keep your eyes open for this amazing bird.

Ravens sound very different from crows. Their call is a deep, low croaking sound or a wank-wank sound. American crows, on the other hand, make the familiar "caw-caw-caw" sound. The pictures here will help you differentiate a raven from a crow. The crow has a slightly rounded fan-shaped tail, while the raven's tail is more pointed or triangular. When you think you see a crow flying, look carefully at its tail: it may be a raven.

County's "New Americans" to be talk topic

Giuliana Valencia-Banks, Baltimore County's first immigrant affairs outreach coordinator, will speak on "The Demographics and Economic Contributions of New Americans in Baltimore County" on Thursday, November 30 at 3 p.m. in the Auditorium. Info: Robert Youngblood at rbyoungblood@gmail.com or call 540-447-6905.